

**PHYSICAL EDUCATION – Grades 1-3
YEAR PLAN – 2009-2010**

Dates	Grade 1	Grade 2	Grade 3
QUARTER 1			
August 3-7	Orientation <ul style="list-style-type: none"> • Classroom Procedures • Warm-ups • Movement/Cooperative Activity 	Orientation <ul style="list-style-type: none"> • Classroom Procedures • Warm-ups • Movement/Cooperative Activity 	Orientation <ul style="list-style-type: none"> • Classroom Procedures • Warm-ups • Movement/Cooperative Activity
August 10- Sept 4	Space Awareness <ul style="list-style-type: none"> • Locomotor Movements • Pathways/Patterns • Review Position words • Fitness Vocabulary 	Space Awareness <ul style="list-style-type: none"> • Locomotor Movements • Pathways/Patterns • Review Position words • Fitness Vocabulary 	Space Awareness <ul style="list-style-type: none"> • Locomotor Movements • Pathways/Patterns • Review Position words • Fitness Vocabulary/Testing
September 8 – Oct 2	Throwing & Catching <ul style="list-style-type: none"> • Passing/Catching Skills • Distance • Opposition • Targets 	Throwing & Catching <ul style="list-style-type: none"> • Passing/Catching Skills • Distance • Opposition • Targets 	Throwing & Catching <ul style="list-style-type: none"> • Passing/Catching Skills • Distance • Targets • Juggling
Oct 5-Oct 7	Climbing Wall/SOL Integration	Climbing Wall/SOL Integration	Climbing Wall/SOL Integration
QUARTER 2			
October 26-Nov 24	Gymnastics <ul style="list-style-type: none"> • Tumbling • Balancing • Apparatus/Climbing 	Gymnastics <ul style="list-style-type: none"> • Tumbling • Balancing • Apparatus 	Gymnastics <ul style="list-style-type: none"> • Tumbling • Balancing • Apparatus • Flexibility/Muscle Strength Testing
Nov 30-Dec 18	Striking <ul style="list-style-type: none"> • Various body parts • Long/short handled implements • Various objects • Targets 	Striking <ul style="list-style-type: none"> • Various body parts • Long/short handled implements • Various objects • Targets 	Striking <ul style="list-style-type: none"> • Long/short handled implements • Variety of targets • Various objects • Targets
Dec 21- Dec 23	Winter Wonderland Stations	Winter Wonderland Stations	Winter Wonderland Stations
QUARTER 3			
Jan 11-Jan 29	Dance/Rhythmic Activities	Dance/Rhythmic Activities	Dance/Rhythmic Activities

	<ul style="list-style-type: none"> • Intro to dance 	<ul style="list-style-type: none"> • Contemporary Dance 	<ul style="list-style-type: none"> • Contemporary Dance
Feb 2-Feb 19	Kicking & Punting <ul style="list-style-type: none"> • Inside and outside of foot • Targets • Dribbling 	Kicking & Punting <ul style="list-style-type: none"> • Inside and outside of foot • Targets • Dribbling 	Kicking & Punting <ul style="list-style-type: none"> • Inside and outside of foot • Targets • Dribbling • Small-sided games
Feb 22-March 12	Jumping & Landing <ul style="list-style-type: none"> • Shapes • Distances • 1 foot/2 feet 	Jumping & Landing <ul style="list-style-type: none"> • Shapes • Distances • 1 foot/2 feet 	Jumping & Landing <ul style="list-style-type: none"> • Body position • Height • Distances • 1 foot/ 2 feet
March 15- March 26	Scooterville	Scooterville	Scooterville
QUARTER 4			
April 19- April 30	Ball Manipulation <ul style="list-style-type: none"> • Dribbling • Bouncing • Pathways 	Ball Manipulation <ul style="list-style-type: none"> • Dribbling • Passing • Targets 	Ball Manipulation <ul style="list-style-type: none"> • Dribbling • Passing • Shooting • Small-sided games
May 3- May 21	Chasing, Fleeing and Dodging <ul style="list-style-type: none"> • Change of direction/agility • Spatial awareness/strategy • Multicultural activities • Pathways/Directions 	Chasing, Fleeing and Dodging <ul style="list-style-type: none"> • Change of direction/agility • Spatial awareness/strategy • Multicultural activities • Pathways/Directions 	Chasing, Fleeing and Dodging <ul style="list-style-type: none"> • Change of direction/agility • Spatial awareness/strategy • Multicultural activities • Pathways/Directions
May 24- June 9	Field Day Activities	Field Day Activities	Field Day Activities
June 14- June 18	Year Review	Year Review	Year Review